

Getting Back On Track

Written by Trina Newby
Friday, 15 January 2010 01:29 -

Hi everyone, I'm getting back on track from the Holidays. Although I didn't overeat, I did allow myself to have some of the things that I truly liked. I was surprised at first that I didn't overeat and then I realized that I was taking my Ardyss LeVive and my AM/PM, which really helps. However, I didn't do much exercising for about 2 weeks.

I have a really bad cold, so as soon as it clears up I'll start my 30-minutes of exercise daily again and replace one of my meals with the NutriShake9. I would like to see a 20 pound weight loss by March 1st.

Ready to be healthy!

Here's to reaching your weight loss goals.

Trina